

Senior Center Without Walls Monthly Newsletter



Celebrating June

Great Outdoors Month

Women's Golf Month

Say Something Nice Day
June 1

Corn on the Cob Day
June 11

Men's Health Week
June 12-19

World Blood Donor Day
June 14

Father's Day
June 19

Take Your Dog to Work Day
June 24

Long Road to Father's Day

The creation of a holiday dedicated to mothers enjoyed vast support and culminated in 1914 when President Woodrow Wilson declared the second Sunday in May an official Mother's Day. A holiday honoring fathers, however, did not come so swiftly.

The first organized celebration of fathers occurred on July 5, 1908, in West Virginia, as a church sermon honoring a local man who perished in a tragic coal mine explosion. The next year, a woman from Spokane, Washington, who was raised by her widower father, rallied local organizations to support an official Father's Day. She won the hearts of state legislators, and Washington state celebrated the first official Father's Day on July 19, 1910. By 1924, President Calvin Coolidge was calling for all states to declare Father's Day holidays, but many fathers themselves did not support the movement.

Some men thought a father's holiday akin to Mother's Day was too sentimental. Others believed it was just another gimmick to rake in their hard-earned bucks. Efforts were launched to do away with both Mother's and Father's Day, and simply celebrate Parents' Day with no gift giving. When the Great Depression hit, however, advertisers redoubled their efforts to promote the holidays. Father's Day, they argued, was a "second Christmas" for men. In 1938, the National Council for the Promotion of Father's Day was born. Unsurprisingly, this council was really a group of men's clothing retailers from New York City. During World War II, Father's Day was promoted as the ultimate homage to our fighting fathers. By the end of the war, Father's Day had unofficially become a national institution. It was not until 1972, in the middle of his re-election campaign, that President Richard Nixon declared the third Sunday in June Father's Day. Today, almost every country in the world has followed suit and celebrates a holiday honoring fatherhood.



Olympic Origins

With Rio de Janeiro's 2016 Summer Olympics just two months away, it seems an opportune time to celebrate the founder of the modern Olympic Games, Baron

Pierre de Coubertin. On June 23, 1894, Coubertin created the International Olympic Committee, the group organizing and maintaining the integrity of the Olympic Games.

Before the 1800s, many societies did not see any need for organized athletics. Sports were widely considered to be an unimportant diversion. Born in Paris to a wealthy, aristocratic family, Coubertin was expected to head into politics or a command position in the military. Instead, he went to school and focused on education, particularly physical education and the role of sports in society.

Coubertin believed that engaging school children in sports would physically, morally, and socially strengthen generations of French citizens and make France a more powerful nation. With the country still reeling from its defeat in the Franco-Prussian War, Coubertin thought sports could keep the French better prepared for battle. Sporting events were also democratic. Regardless of background or upbringing, any athlete could be victorious on the playing field.

In Coubertin's mind, ancient Greece was the perfect model of a society that took sport seriously. The gymnasiums of Athens were places where people exercised both their bodies and minds. In 1889, Coubertin gathered a number of athletes and advisors with the purpose of reviving the ancient Olympic Games. While many countries sponsored their own Olympic-style games, the notion of a world games was novel. At the meeting of his newly formed International Olympic Committee, it was decided that amateur athletics should occur every four years and competition should be in modern sports rather than ancient ones. Two years later, the first modern Summer Olympics was held in Athens, Greece.



O Say Can You See

June 14 is Flag Day in the United States, a day commemorating the adoption of the American flag by the Second Continental Congress in

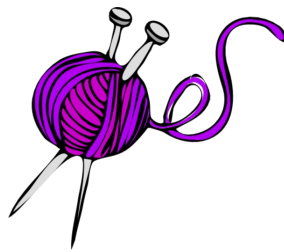
1777. Known as "Old Glory," "Stars and Stripes," and the "Star-Spangled Banner," the flag has 13 equal horizontal stripes, alternating red and white, symbolizing the original thirteen colonies. The *canton*, the rectangle in the upper left-hand corner, is blue with 50 white stars, representing the 50 states, alternating in numbers of six and five per row. Throughout America's history, there have been 39 different flag designs, with the stars of the canton changing each time a state was added to the Union. Canton designs, before the 48-star flag, had no official arrangement of the stars. Sometimes they were in a circular pattern and other times in the pattern of a star. Since 1777, one thing hasn't changed: the American flag has always stood for freedom.

All Work and No Play



There is a saying, "All we really need to know, we learned in kindergarten." The founders of Recess at Work Day on June 16 seem to have taken this advice literally. And why not? Studies repeatedly show how recess in elementary schools creates positive impacts for children in attendance and achievement. Might recess at work for adults show similar benefits? Dr. Stuart Brown, founder of the National Institute for Play, believes that adults need play just as much as children do. Play builds community, keeps the mind sharp, and keeps us close to the ones we love. Adults who do not play can suffer serious consequences. "Perseverance and joy in work is lessened...life is much more laborious," Brown says. Perhaps more companies need to add recess to their list of employee benefits.

Fabric of Community



In 2005, knitter Danielle Landes wanted to shake up the world of knitting. Her idea was to move solitary knitters out of their easy chairs and into public spaces. Her idea grew so popular that soon knitting clubs all over the world began celebrating World Wide Knit in Public Day on June 18. Even if you've never picked up a pair of knitting needles, chances are that on June 18 you'll be able to join a friendly group of knitters happy to share their expertise and passion for this timeless craft.

The benefits of knitting go beyond booties, blankets, and even friendship. A 2012 study by the Mayo Clinic concluded that knitting staves off cognitive impairment in seniors. Knitting exercises many different parts of the brain. By activating neural connections, it keeps brains working quickly and efficiently. Another study from Columbia University equates knitting to meditation. The deep focus and satisfaction knitters feel when they work provides a natural antidepressant. In these ways, World Wide Knit in Public Day's slogan, "Better Living Through Knitting Together," rings true.

Running Nowhere Fast



The running boom began back in 1963, when William Bowerman published a small pamphlet touting the benefits of a radical new exercise called "jogging." By the next decade, over 25 million Americans, including Clint Eastwood, Farrah Fawcett, and President Jimmy Carter, called themselves runners. As for Bowerman, he had co-founded Nike, the world's foremost athletic shoe company. It's not too late to celebrate both Bowerman and the running craze. Buy a pair of Nikes and lace them up for Running Day on the first Wednesday in June.

Of course, running is not for everyone. In the 1970s, in direct contrast to the new jogging fad, a man named W.T. Rabe founded World Sauntering Day on June 19 as a more leisurely alternative. Sauntering, by definition, means walking in a slow and relaxed way, often in no particular direction. Unlike joggers, whose aim is to huff and puff, log miles, sweat, and increase their heart rate, the point of sauntering is to stop moving so fast and enjoy the world. Lucky for Bowerman, both can be done in a comfortable pair of Nikes.



Heads or Tails?

The notion of making a decision based on the flip of a coin began with the invention of the metal coin itself, long before Flip-a-Coin Day was ever celebrated on June 1. In ancient Rome, coins bore the head of Julius Caesar on one side and a ship on the other. People would play *navia aut caput*, meaning "ship or head," to decide matters small and large, even in criminal cases deciding guilt. If it landed on Caesar's head, you won, believing that the emperor sided with you. Throughout history, coin flips have been used to make other important decisions. Wilbur Wright won a coin toss against his brother Orville to attempt the first flight at Kitty Hawk, though he never got off the ground. And two pioneers used a coin toss to decide the name of Portland, Oregon. The famous "Portland Penny" remains on display at the Oregon Historical Society Museum.

If your income is below \$1,437*/month and one or more of these statements were TRUE for you in the last month...

1. The food I bought just didn't last and I didn't have money to buy more.
2. I couldn't afford to eat nutritious or balanced meals.
3. I cut the size of my meals to stretch my groceries.
4. I skipped meals because I couldn't afford to buy food.
5. I sometimes ate less food than I should because I didn't have enough.
6. I was hungry but didn't eat because I couldn't afford to buy food.

...Then you are eligible for

Groceries for Seniors

(A monthly free distribution of canned goods, shelf stable products and seasonal produce when available)



Friday, **June 3**, 2016

1pm

Frederick Senior Center
Drive-Thru

please bring photo id to register

1440 Taney Avenue, Frederick, MD
www.FrederickCountyMD.gov/Aging
or 301.600.3523 for info

***For one person household. Add \$503/person for each additional household member.**



A Partnership of Frederick County Department of Aging, Western Maryland Food Bank and Seed of Life, Inc.

Are You Concerned About Falling?



Did You Know...

- 1 in 3 Adults 65 years and older will fall this year
- Between one third and one half of all older adults have a fear of falling
- Falls should NOT be considered a normal part of the aging process
- **Stepping On** is a proven program designed to build confidence and reduces falls for seniors

Stepping On is a fall prevention program aimed at teaching participants ways to reduce their risk of falling. It is an evidence based program, designed for older adults, proven to reduce the risk of falls by about 31%.

Stepping On focuses on how strength and balancing exercises, medication management, home safety, footwear, vision and mobility are important in preventing falls. As a result of the program participants will increase overall strength, achieve better balance, gain more confidence, and have a greater sense of independence as well as a reduced risk of falling.

UPCOMING **STEPPING ON** CLASSES

Classes meet once per week for 7 weeks —
please plan to attend each of the 7 sessions

Emmitsburg Senior Center

300 S. Seton Avenue, Emmitsburg, MD
Tuesdays: May 3 – June 14
10:00am – 12:00pm

Urbana Senior Center

9020 Amelung Drive, Urbana, MD
Tuesdays: June 21 – August 2
10:00am – 12:00pm

Classes are **FREE**
Registration Required

For More Information or to Register for Classes

Please Call 301-600-6350 or

Email: LUmbel@frederickcountymd.gov



Stepping On

Building Confidence and Reducing Falls

FREDERICK COUNTY
Department
of Aging



In recognition of World Elder Abuse Awareness Day (WEAAD) please join us for a **free** informational seminar on local scams in our community and Medicare fraud.

Current trends will be shared by:

Sergeant Gregory Warner, Frederick County Sheriff's Office

Elly Jenkins, State Health Insurance Assistance Program (SHIP) and Senior Medicare Patrol (SMP)

Wednesday, June 15, 2016

Frederick County Department of Aging

1440 Taney Avenue

Frederick, MD 21702

A light fare dinner will be served at 5:30 PM

Presentations will begin at 6:00 PM

RSVP required by June 13th to Mia Brust 301- 600-2877

This program is brought to you by:



Donuts & Dads Discussion

Plan a special discussion for Father's Day. Talk about the history of Father's Day, share Erma Bombeck's "When God Created Fathers," and discuss fatherly advice. Serve donuts or hot dogs and title your discussion "Donuts and Dads" or "Dogs and Dads."

The Story of Father's Day

Father's Day, contrary to what some people think, was not established as a holiday to help greeting card manufacturers sell more cards. Mrs. John B. Dodd first proposed the idea of a "father's day" in 1909. Mrs. Dodd wanted a special day to honor her father, William Smart. William Smart, a Civil War veteran, was widowed when his wife (Mrs. Dodd's mother) died in childbirth with their sixth child. Mr. Smart was left to raise the newborn and his other five children by himself on a rural farm in eastern Washington state. It was after Mrs. Dodd became an adult that she realized the strength and selflessness her father had shown in raising his children as a single parent.



The first Father's Day was observed on June 19, 1910, in Spokane, Washington. (Mrs. Dodd chose June 19 as the day to celebrate Father's Day because that was her father's birthday.) Around the same time, other people in various towns and cities across America were also beginning to celebrate a "father's day." In 1924, President Calvin Coolidge supported the idea of a National Father's Day. In 1966, President Lyndon Johnson issued the first presidential proclamation honoring fathers, but it wasn't until 1972 that President Richard Nixon signed the public law that made Father's Day a permanent holiday celebrated on the third Sunday in June.

Father's Day has become a day to honor fathers and all men who act as father figures. Stepfathers, uncles, grandfathers, and adult male friends are all honored on Father's Day.

Do other countries celebrate Father's Day? Yes. Father's Day is celebrated in every part of the world. In the United States, Canada, and most countries in Asia, Father's Day is celebrated on the third Sunday in June.

Fatherly Quotes

"Fatherhood is pretending the present you love most is soap-on-a-rope." ~ Bill Cosby

"My father was an amazing man. The older I got, the smarter he got." ~ Mark Twain

"By the time a man realizes that maybe his father was right, he usually has a son who thinks he's wrong." ~ Charles Wadsworth

"It is a wise father that knows his own child." ~ William Shakespeare

"One father is worth more than a hundred schoolmasters." ~ English Proverb

"I cannot think of any need in childhood as strong as the need for a father's protection." ~ Sigmund Freud

"It doesn't matter who my father was; it matters who I remember he was." ~ Anne Sexton

"A truly rich man is one whose children run into his arms when his hands are empty." ~ Unknown

"Father! - to God himself we cannot give a holier name." ~ William Wordsworth

Something Sounds Fishy

How many fishing idioms or sayings can you think of? For example:

1. Something sounds fishy
2. Drink like a fish
3. Swim like a fish
4. Like a fish out of water
5. A fine (pretty) kettle of fish
6. Not the only fish in the sea
7. Fishing in troubled waters
8. Fishing for a compliment
9. A red herring
10. Packed in like sardines
11. Loan shark
12. A whale of a time
13. Happy as a clam (at high tide)
14. Clam up
15. Slippery as an eel
16. The world is his oyster
17. Fish or cut bait
18. Going on a fishing expedition
19. "Holy mackerel!"
20. There are bigger (other) fish to fry
21. Like shooting fish in a barrel
22. Green around the gills
23. Like living in a fishbowl
24. A cold fish
25. Swimming with sharks



To wrap things up, a little “fishy” humor.....

- *A bad day of fishing is still better than a good day at the office!*
- *A fisherman is a jerk on one end of the line waiting for a jerk on the other.*
- *A reel expert can tackle anything.*
- *I only fish on days that end in “Y.”*
- *I fish just for the halibut.*
- *Fishing: The art of casting, trolling, jigging, or spinning while freezing, sweating, swatting, and swearing.*
- *A woman who has never seen her husband fishing doesn’t know what a patient man she married!*
- *Big fish are just like women—they’ll take you hook, line, and sinker.*
- *My wife said if I go fishing one more time she’ll leave me. Gosh, I’ll miss her.*
- *A small town doctor was famous in the area for always catching large fish.*
- *One day while he was on one of his frequent fishing trips, he got a call that a woman at a neighboring farm was giving birth. He rushed to her aid and delivered a healthy baby boy. The farmer had nothing to weigh the baby with, so the doctor used his fishing scales. The baby weighed 21 pounds 13 ounces.*

Father Knows Best

What is the best fatherly advice you have ever received or given? What do you think of the following?

Happy
Father's
Day

- Do not run after money. Have enough money to lead a decent life, but more importantly, enjoy life and live happily, as you live only once.
- Say "thank you" a lot. Also, say "please" a lot.
- Treat everyone you meet as you want to be treated.
- Don't waste time learning the "tricks of the trade." Instead, learn the trade.
- Admit your mistakes.
- Be brave. Even if you're not, pretend to be. No one can tell the difference.
- Use credit cards only for convenience, never for credit.
- Learn to listen. Opportunity sometimes knocks very softly.
- Never deprive someone of hope. It might be all he or she has.
- Pray not for things but for wisdom and courage.
- Never take action when you are angry.
- Enter a room with purpose and confidence.
- Never pay for work before it's completed.
- Be willing to lose a battle in order to win the war.
- When facing a difficult task, act as though it is impossible to fail.
- Don't agree to do too many things at once. Learn to say no politely and quickly.
- Never underestimate the power of forgiveness.
- Instead of using the word "problem," try substituting the word "opportunity."
- When you look back on your life, you'll regret the things you didn't do more than the things you did.
- Don't procrastinate. Do what needs doing when it needs to be done.
- Get your priorities straight. No one ever said on his deathbed, "Gee, if I'd only spent more time at the office."
- Fill up the gas tank if you want to drive the car.
- Never walk out on a quarrel with your wife.
- Phone your mother.

Notable Quotable

"By the time
a man real-
izes his fa-
ther was
right, he has
a son who
thinks he's
wrong."

~ Charles
Wadsworth

Dad's "Stache" Mug

Draw a mustache on a mug, bake it in the oven, and fill it with a "stache" of goodies for a special dad on Father's Day.



You will need:

- ☐ Mustache pattern printed on card stock
- ☐ White or light colored ceramic mug
- ☐ Black Sharpie markers (fine-tip and bullet-tip)
- ☐ Scissors
- ☐ Masking tape
- ☐ Oven
- ☐ Goodies to fill mug (candy, snacks, shaving supplies, tea/coffee samples, etc.)
- ☐ Tissue paper and ribbon or raffia to wrap goodies

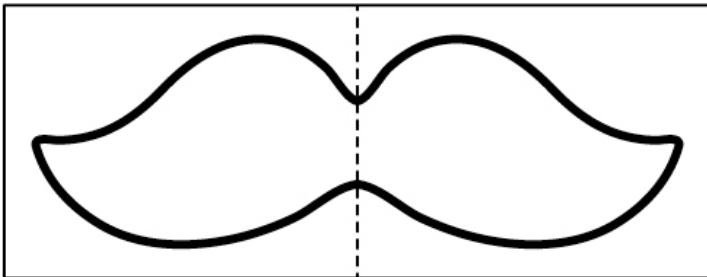
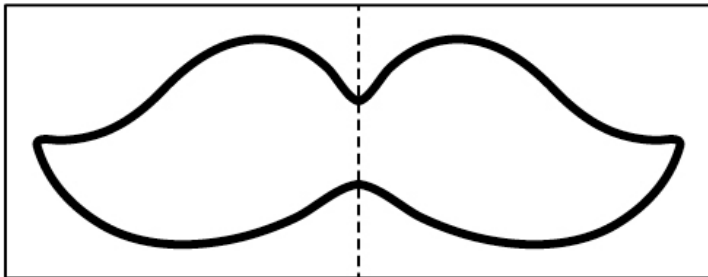
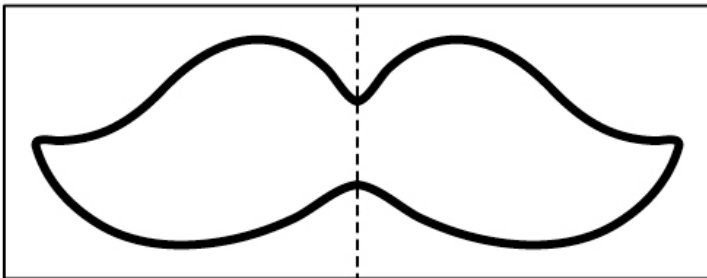
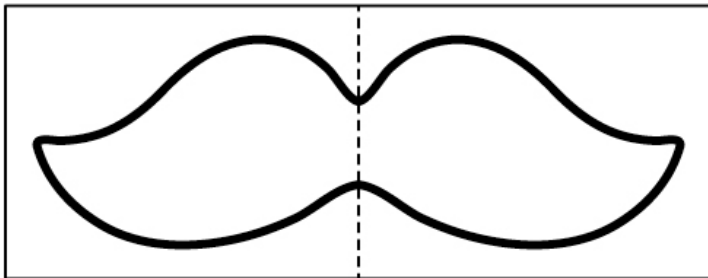
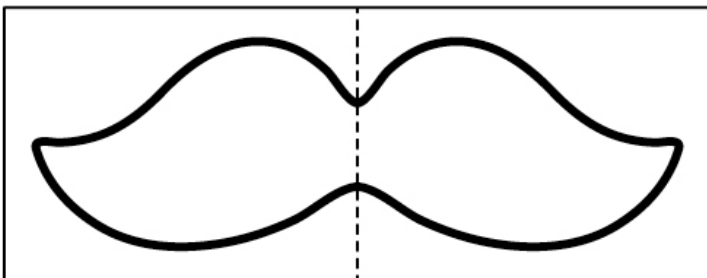
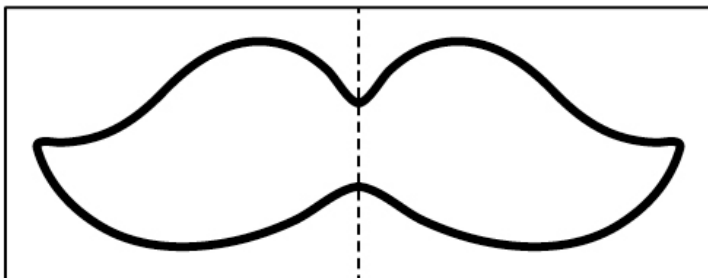
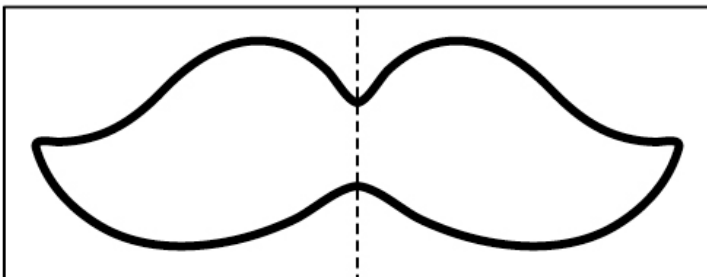
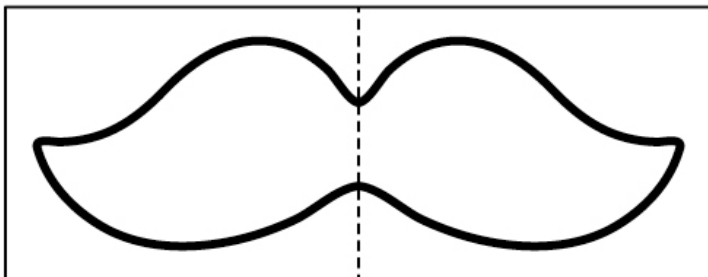
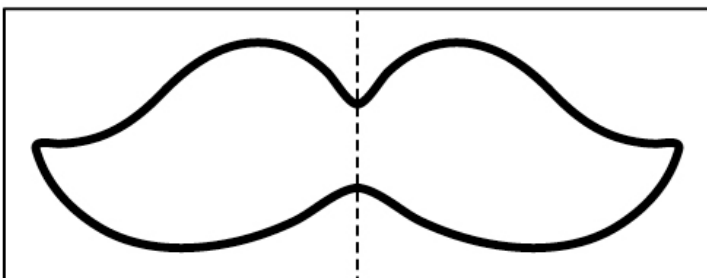
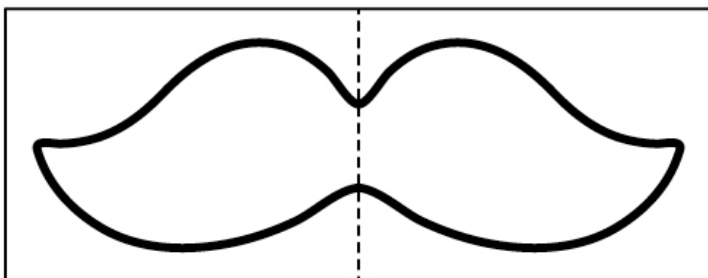
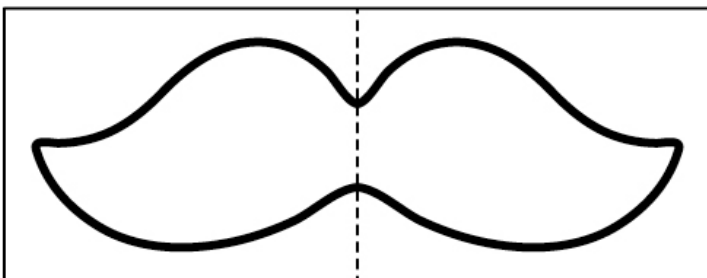
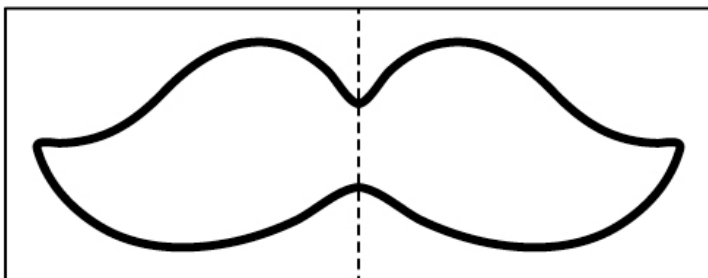


Directions:

1. Cut out a mustache pattern and fold it in half along the dotted line. Cut out the mustache and unfold.
2. Stick two pieces of rolled tape to the back of the mustache pattern. Attach the pattern to a clean mug, positioning it about 1/2" from the top. Trace around the pattern with a fine-tip black Sharpie marker. Allow the ink to dry and then remove the pattern. Fill in the mustache with the bullet-tip marker.
3. To permanently set the ink, place the mug directly on the oven rack and bake at 350 degrees. After 30 minutes, turn off the oven, crack the door, and allow the mug to slowly cool in the oven for about 20 minutes.
4. Wrap a cupful of goodies in tissue paper, place it in the mug, and tie the top of the tissue paper with ribbon or raffia.

*This publication is a resource produced and distributed by the Frederick County Department of Aging.
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or contact the FCDoA at 1440 Taney Avenue, Frederick, MD 21702, phone 301.600.1605,
or email DeptOfAging@FrederickCountyMD.gov.*

Dad's "Stache" Mug Patterns



Things About Dad

ACROSS

1. Related group
4. Garment for the upper body
6. Eat outside
7. Better than good
10. Played on a diamond
11. Sleep briefly
12. Fast automobile
13. Evening meal
15. Sport of fighting



DOWN

1. Gone _____
2. Stay outside overnight
3. Number one gift on Father's Day (two words)
4. Dad's favorite section in the paper
5. Hammer, screwdriver, saw
8. Another word for dad
9. The game of tenpin
10. Cook on a grill
14. Played on a course

Scratch Art CDs

Paint an old CD with black paint. Then scratch off some of the paint to reveal an opalescent, shimmery design.

You will need:

- ☐ 3 old CDs
- ☐ Black acrylic paint
- ☐ Assortment of scratching tools (nails, screw, eye screw, small flathead screwdriver, X-acto knife, straightened paperclip, etc.)
- ☐ White chalk and/or chalk pastels
- ☐ Paintbrush for applying paint
- ☐ Paintbrush for dusting away scraped paint
- ☐ 7/8"-wide black ribbon (about 18" long)
- ☐ Thin ribbon or twine (about 4" long)
- ☐ Double-sided tape
- ☐ Masking tape
- ☐ Disposable cup for holding paint
- ☐ Damp paper towel
- ☐ Newspaper or scrap cardboard
- ☐ Scissors

Print a picture of a completed masterpiece to show artists. Post a copy on your bulletin board to create interest in the activity.

Directions:

1. Cover your work surface with newspaper or a piece of scrap cardboard.
2. Mix about 1 tablespoon of black acrylic paint with about 1 1/2 tablespoons of water and stir until it has the consistency of chocolate syrup.
3. With the printed sides facing down, arrange the CDs on the cardboard and paint the silver sides with the paint mixture. Allow the first coat to dry and then apply a second coat. Allow to dry for 30 to 60 minutes.



4. After the paint is completely dry, arrange the discs vertically as shown in the center photo below. Draw a simple flower design using white chalk or a chalk pastel. Draw the flower on the top disc. Draw a weaving stem and some leaves on the other two discs. Avoid the center ring.

5. Experiment with different scratching tools and scrape away the chalk lines as shown above. There will be black dust and crumbs on the surface. Use a clean paintbrush to brush away the debris.

6. Scratch along the chalk lines on all the discs. Then go back and scratch more details (such as veins in the leaves). Add doodle lines and swirls as desired.

7. Brush away all the dust. Then wipe the discs clean using a damp paper towel.

8. Cut an 18" piece of black ribbon. Fold about 1 1/2" to the back to form a loop on one end. Secure with a piece of double-sided tape.

9. Thread a 4" piece of thin ribbon or twine through the loop and tie the ends together to make a loop for hanging as shown in the photo of our final example.

10. Apply double-sided tape to the front of the black ribbon and attach the CDs as shown in the left-hand photo below.

11. Turn the entire project over and add masking tape as shown above.

12. Proudly hang your masterpiece and enjoy the prism of colors that shimmer when sunlight hits the shiny surfaces.

Variations:

- ☐ For a shorter display, use just two CDs.
- ☐ Scratch words in the paint instead of a design.





What Am I?

Do you know what I am? Here are some clues:

1. In the time of the Aztecs, I was made from animals.
2. Aztecs used me to praise their sun god.
3. Jesters once used me to entertain an audience.
4. In 1824, a scientist developed a rubber version of me.
5. I was sold as a kit in England in 1825.
6. In 1889, I appeared at the Paris Exposition and in Montgomery Ward catalogs.
7. A company in Ohio was my first commercial producer in the United States.
8. My first modern latex version was made in 1931.
9. I am currently made from latex or foil.
10. I am used for both decorating and advertising.
11. NASA technology helped with my development.
12. I am useful in meteorology and aviation.
13. Long-distance races have sent me to faraway places.
14. Some sculptors can turn me into a party animal.
15. I am not very down-to-earth in nature.
16. To say that I am full of hot air will not insult me.
17. Pranksters sometimes fill me with water.
18. Certain gases cause me to float or rocket around a room.
19. Kids always want to take me home when they see me at fairs, festivals, and parties.
20. When filled with too much air, I burst and make a loud noise.

Do you know what I am? I am a balloon.



Seed Packet Memory/Matching Game

To make the game pieces, take 5 – 10 matching sets of seed packets. Empty the seed packets and cut off the front panels. Then glue the panels to pieces of colored paper or cardboard.

To play, place the cards facedown in rows. The first player turns over two cards. If the cards match, they are removed and set aside. If they do not match, they are turned back over in the same place and the next player gets a turn.



liven up your meals with vegetables and fruits



10 tips to improve your meals with vegetables and fruits

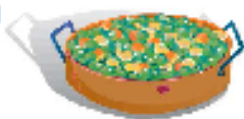
Discover the many benefits of adding vegetables and fruits to your meals. They are low in fat and calories, while providing fiber and other key nutrients. Most Americans should eat more than 3 cups—and for some, up to 6 cups—of vegetables and fruits each day. Vegetables and fruits don't just add nutrition to meals. They can also add color, flavor, and texture. Explore these creative ways to bring healthy foods to your table.

1 fire up the grill

Use the grill to cook vegetables and fruits. Try grilling mushrooms, carrots, peppers, or potatoes on a kabob skewer. Brush with oil to keep them from drying out. Grilled fruits like peaches, pineapple, or mangos add great flavor to a cookout.

2 expand the flavor of your casseroles

Mix vegetables such as sautéed onions, peas, pinto beans, or tomatoes into your favorite dish for that extra flavor.



3 planning something Italian?

Add extra vegetables to your pasta dish. Slip some peppers, spinach, red beans, onions, or cherry tomatoes into your traditional tomato sauce. Vegetables provide texture and low-calorie bulk that satisfies.

4 get creative with your salad

Toss in shredded carrots, strawberries, spinach, watercress, orange segments, or sweet peas for a flavorful, fun salad.

5 salad bars aren't just for salads

Try eating sliced fruit from the salad bar as your dessert when dining out. This will help you avoid any baked desserts that are high in calories.

6 get in on the stir-frying fun

Try something new! Stir-fry your veggies—like broccoli, carrots, sugar snap peas, mushrooms, or green beans—for a quick-and-easy addition to any meal.

7 add them to your sandwiches

Whether it is a sandwich or wrap, vegetables make great additions to both. Try sliced tomatoes, romaine lettuce, or avocado on your everyday sandwich or wrap for extra flavor.



8 be creative with your baked goods

Add apples, bananas, blueberries, or pears to your favorite muffin recipe for a treat.

9 make a tasty fruit smoothie

For dessert, blend strawberries, blueberries, or raspberries with frozen bananas and 100% fruit juice for a delicious frozen fruit smoothie.



10 liven up an omelet

Boost the color and flavor of your morning omelet with vegetables. Simply chop, sauté, and add them to the egg as it cooks. Try combining different vegetables, such as mushrooms, spinach, onions, or bell peppers.

Whole Grain Strawberry Pancakes



Makes: 7 Servings

Whole wheat flour adds a nutty flavor and texture to these great-tasting pancakes. Dish these up with berries and a glass of milk on the side for a wholesome start to your day!

Ingredients

- 1 1/2 cups whole wheat flour
- 3 tablespoons sugar
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 3 eggs
- 1 container vanilla low-fat yogurt (6 oz)
- 3/4 cup water
- 3 tablespoons canola oil
- 1 3/4 cups sliced fresh strawberries
- 1 container strawberry low-fat yogurt (6 oz)

Directions

1. Heat griddle to 375°F or heat 12-inch skillet over medium heat. Grease with canola oil if necessary (or spray with cooking spray before heating).
2. In large bowl, mix flour, sugar, baking powder, baking soda and salt; set aside.
3. In medium bowl, beat eggs, vanilla yogurt, water and oil with egg beater or wire whisk until well blended.
4. Pour egg mixture all at once into flour mixture; stir until moistened.
5. For each pancake, pour slightly less than 1/4 cup batter from cup or pitcher onto hot griddle. Cook pancakes 1 to 2 minutes or until bubbly on top, puffed and dry around edges. Turn; cook other sides 1 to 2 minutes or until golden brown.
6. Top each serving (2 pancakes) with 1/4 cup sliced strawberries and 1 to 2 tablespoons strawberry yogurt.

Mixed-Up Great Outdoors

Unscramble the letters to reveal words that are associated with the great outdoors.

1. ONNITMAU _____
2. TASEMR _____
3. LSNETWOLOYE _____
4. HBECA _____
5. OCCONAR _____
6. ANLPTS _____
7. AMMSMAL _____
8. UBHSES _____
9. DILFILEW _____
10. SOFERT _____
11. TNCEISS _____
12. GRAEEDLVES _____
13. ABHPNASIIM _____
14. LURRQISE _____
15. ITRCAC _____
16. EDSERT _____
17. ERPTEILS _____
18. NERRVESEEG _____



Change the First Letter

Make a word into a new word by changing the first letter.

Example: Change an adult male (**man**) to tin container (**can**).



1. Change a metal pin _____ to a young male horse _____.
2. Change a crustacean _____ to a dull appearance _____.
3. Change a small ape _____ to a narrow cloth used to tie things _____.
4. Change a large cave _____ to an inn _____.
5. Change a brass instrument _____ to a large wasp _____.
6. Change a hat _____ to a poem with fourteen lines _____.
7. Change a feeling of strong support for someone _____ to an elite class _____.
8. Change cause to sprout _____ to give a pink slip to _____.
9. Change a gnome _____ to the citadel of Moscow _____.
10. Change a blemish _____ to a golf ball indentation _____.
11. Change a Maine seafood _____ to a gangster _____.
12. Change a rhinoceros feature _____ to brought forth from the womb _____.



Famous June Birthdays

The following people were born in JUNE. Can you find their **last names**? Search horizontally, vertically, diagonally, forward, and backward.

- A. Barbara **Bush**
- B. John **Elway**
- C. Morgan **Freeman**
- D. Lou **Gehrig**
- E. Marilyn **Monroe**
- F. George **Orwell**
- G. Les **Paul**
- H. Lionel **Richie**
- I. Meryl **Streep**
- J. Clarence **Thomas**
- K. Mike **Tyson**
- L. Frank Lloyd **Wright**

J	R	D	U	N	C	A	M	R	Z	E	E
B	E	A	O	A	W	I	D	W	O	Z	A
F	G	F	M	M	Y	F	D	R	D	C	W
P	D	E	R	E	B	G	N	I	C	F	B
M	E	J	H	E	K	O	O	R	C	G	R
P	J	E	B	R	M	W	R	I	G	H	T
N	A	O	R	F	I	T	L	C	B	C	I
O	U	U	H	T	H	G	X	H	V	A	Y
S	Y	G	L	O	S	X	L	I	U	A	O
Y	U	P	M	C	M	L	L	E	W	R	O
T	V	A	B	U	S	H	M	L	U	V	S
B	S	O	Z	V	G	Q	E	D	X	Y	E

Bonus: Match the person to the correct clue.

- | | |
|------------------------------|--------------------------------|
| 1. Icon and sex symbol _____ | 7. Movie actress _____ |
| 2. Architect _____ | 8. R&B singer _____ |
| 3. Guitarist _____ | 9. Supreme court justice _____ |
| 4. Political wife _____ | 10. Football player _____ |
| 5. Novelist _____ | 11. Boxer _____ |
| 6. Baseball player _____ | 12. Movie actor _____ |



Baked Sugar Donuts

(For National Donut Day, celebrated on the first Friday and/or Saturday in June)

Heat oven to 375°F. Take 1 can (7.5 oz) refrigerated buttermilk biscuit dough and separate into 10 biscuits. Flatten each to a 2 1/2-inch round. With 1-inch round biscuit cutter, cut hole in center of each round. Dip all sides of biscuits and centers into melted butter, then into sugar. Place on ungreased cookie sheet. Bake 12 to 14 minutes or until golden brown.

Great Outdoors

1. mountain
2. stream
3. yellowstone
4. beach
5. raccoon
6. plants
7. mammals
8. bushes
9. wildlife
10. forest
11. insects
12. everglades
13. amphibians
14. squirrel
15. arctic
16. desert
17. reptiles
18. evergreens

Bonus: Match the person to the correct clue.

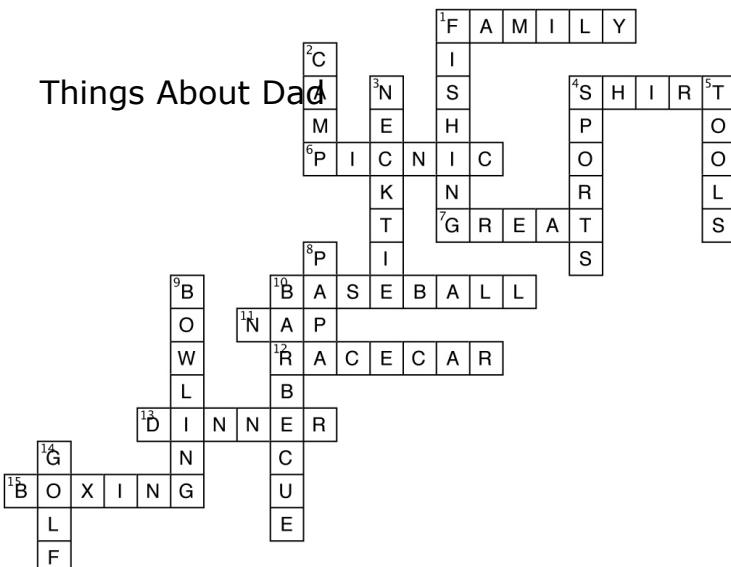
1. Icon and sex symbol – E
2. Architect – L
3. Guitarist – G
4. Political wife – A
5. Novelist – F
6. Baseball player – D
7. Movie actress – I
8. R&B singer – H
9. Supreme court justice – J
10. Football player – B
11. Boxer – K
12. Movie actor – C

Famous June Birthdays

Bonus: Match the person to the correct clue.

1. Icon and sex symbol – E
2. Architect – L
3. Guitarist – G
4. Political wife – A
5. Novelist – F
6. Baseball player – D
7. Movie actress – I
8. R&B singer – H
9. Supreme court justice – J
10. Football player – B
11. Boxer – K
12. Movie actor – C

Things About Dad



Change the First Letter

1. bolt, colt
2. crab, drab
3. gibbon, ribbon
4. cavern, tavern
5. cornet, hornet
6. bonnet, sonnet
7. loyalty, royalty
8. germinate, terminate
9. gremlin, Kremlin
10. pimple, dimple
11. lobster, mobster
12. horn, born

Cathy's Corner Happy Father's Day to all the Dads out there.

The County walking program is in full swing, if you need to pick up your "Passport" please call a senior center near you and get a copy. It contains a lot of great information about the county parks and their walking paths.

The Stepping On is a FREE 7-week program is being offered in Urbana, a flier is attached. Everyone is welcome and encouraged to join. More classes to be offered in the future at other locations.

Summer officially begins June 20th, enjoy!



Bird of the Month – Cerulean Warbler

The cerulean warbler is a small bird most often found in the treetops of mature deciduous forests. Adult male cerulean warblers are bright blue above and white below. They have black streaks, two white wing bars, and a black line, or "necklace," across their front. Only the male warbler sings.

Females are turquoise above with a pale blue crown and yellowish-white below. They have white wing bars but do not have the necklace or streaks that males do.

Cerulean warblers eat insects with their thin, pointed bills. After wintering in South America, they arrive in North America in late April or early May. Cerulean warblers build a nest that is cup shaped and bound together with a spider web. They usually have one brood of 3 to 4 eggs, which are gray with brown specks.

The population of cerulean warblers is dropping, and environmentalists are working to preserve their forest habitats.



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